

January 2019



We would like to challenge each of you to spread the word in 2019. We appreciate the number of direct referrals that we already receive from our students, but we are hoping that you could take a few minutes and review us on Google and Facebook.

We are sure that most of you have gone on-line to read reviews of businesses to help with many of your decisions. Remember that we love hearing about the great experiences, in person, that you have had at Cooligan Martial Arts. By reviewing us on Google and Facebook, you can share those experiences with others. If you have had a bad experience, we hope that you come to us first so that we can address any issues that you may have had.

Did You Know?

Frequently requested documents such as Discipline Stripe forms and Change of Membership forms can be downloaded at www.cooliganmartialarts.com/cma/documents

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Week 1	CLOSED	CLOSED	Camp Black Belt	Camp Black Belt	Camp Black Belt	Masters Bo Class
6	Parents: Open Muay Thai Class all month	Parents: Open Jiu Jitsu Class all month	Parents: Open Boot Camp each Wednesday	Masters Sequences Class	BBC Grappling	Masters Punch Defense Variations Class
13	Jr. BBC Nunchuk Class	2 for 1 Tuesday Parents on the mat for white belt class	Parents: Open Boot Camp each Wednesday	Masters Sparring Class	BBC Sparring	Masters Grappling Class
20	Masters Sandan Material	Brown Belt Bo Class	Parents: Open Boot Camp each Wednesday	Brown Belt Sparring	Bring a Friend to White/Yellow Belt Class	Teaching Course 12:00 pm
27	Masters/Adult Sparring Class	Masters Single Stick Class	Parents: Open Boot Camp each Wednesday	Masters Kali Class		

Join our Facebook Members Group - "Cooligan Martial Arts: Stittsville"

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info@cooliganmartialarts.com

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manotick@cooliganmartialarts.com

Dates to Remember

Jr. Belt Test

- Feb 2
- March 9
- *Classes past 10:00 am cancelled*

Adult Belt Test

- Feb 6 at 6:00 pm

Adult Open Training

- Every Thurs. 8:30 – 9 pm

Jr. Open Training

- Every Sat. at 9 am
- *except on Belt test day*

STORM Team

- Jan 27 at 10:45 am

You Asked

When is the next round of black belt testing going to be taking place?

The dates for the spring black belt test are as follows:

- Books due - Tue, April 23
- Assessment – Sat, April 27
- Pre-test – Sat, May 25
- Final test – Sat, June 22

Teaching Course

Open to advanced students (BBC and up)
 Minimum age requirement 14

Registration at the desk

- Day 1 – Sat, January 26
- Day 2 – Sat, February 2
- Day 3 – Sat, March 2
- Day 4 – Sat, March 30
- Day 5 – Sat, April 27

All classes run from 12-4pm

